

# Flight Jacket

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## IN THE News

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## Warning

Mexico will be holding elections July 1 - 3, and it is *against* Mexican law to serve alcohol from midnight July 1 to midnight July 3.

*All bars and clubs will be closed during this time period.*

The consumption of alcohol is prohibited during the elections and is considered an *arrestable federal offense*. The penalty for this violation is much more severe than normal.

Please let you Marines know that during this time period it is not advisable to visit Mexico.

For more tips on staying safe this holiday weekend, see page 8.



Commanding Officer, VMFA-314, Lt. Col. Michael C. Albo circle above the USS John C. Stennis in preparation to "trap" on her deck after returning from a mission in late April. The majority of the Black Knights' deployment was spent supporting Operation Southern Watch in the Arabian Gulf. During OSW operations Black Knight pilots delivered several GBU-12 laser guided bombs and GBU-31 Joint Direct Attack Munitions on Iraqi military targets.

photo courtesy of VMFA-314

## Black Knights to return from Gulf

By Capt. Mark Christenson

VMFA-314

The Black Knights of Marine Fighter Attack Squadron 314 will complete their 6-month deployment aboard the USS John C. Stennis Monday, culminating a deployment in which the squadron logged more

than 3,000 flight hours and 2,000 carrier landings, or "traps."

The cruise began Jan. 7, when the Stennis departed its homeport of San Diego and the Black Knights flew 12 F/A-18C "Hornets" aboard. The transit took the squadron off the coast of South Korea where the Black Knights participated in sev-

eral days of flight operations. Maintenance Marines braved harsh conditions of the snow-covered flight deck to launch and recover jets to perform simulated bombing missions to South Korean overland ranges. This training proved to be invaluable and contributed to the Black Knights' 100 percent success rate during combat ordnance

deliveries within Southern Iraq.

After a short port call in Pusan, South Korea, the Stennis Battle Group moved on to Hong Kong. This was the first time in several years that an entire battle group had visited Hong Kong.

Black Knights resumed flight operations off the coast of Malaysia after departing

Hong Kong. A few pilots had the unique opportunity to fly with the Malaysian Air Force while operating near the island nation. Air-to-air sorties were flown against Malaysian Mig-29s and F/A-18s, which afforded Black Knight pilots a rare opportunity to test the Hornet against one of

See '314, Page 10

## Top NCOs call for pay, QOL reforms

By Linda D. Kozaryn

American Forces Press Service

WASHINGTON – It is a major step when service members are promoted to NCO ranks. That's when they become responsible for the welfare, training, and safety of junior service members.

Right now, that step earns them about \$20 more pay per week. Army Command Sergeant Major Jesse G. Laye told top Pentagon officials here, that is not enough.

Laye, U.S. Southern Command's senior enlisted advisor, was one of nearly 85 top NCOs, and about 60 spouses, to attend the first annual Senior Enlisted Advisors' Forum. Defense Secretary William S. Cohen and

his wife, Janet Langhart Cohen, hosted the June 22 conference at the Pentagon to hear what the senior NCOs had to say about issues affecting readiness and quality of life.

Through the day, Pentagon officials briefed the forum attendees who then broke into groups to discuss pay, compensation, child and medical care, retention, recruiting, schools and education. At a press conference following the meeting, Laye, along with three other senior NCOs and a spouse, talked about the group's concerns and recommendations.

Laye said he told Cohen and other top brass that further pay table reform is

See NCOs, Page 30

## MWCS-38 performance signals MUC

By Staff Sgt. Ted L. Hansen

CPAO, MCAS Miramar

Marine Wing Communications Squadron 38 was awarded its second Meritorious Unit Commendation in squadron history June 23.

The Secretary of the Navy awarded MWCS-38 with the award for its performance from April 1, 1997 to April 30, 1999. According to the citation, MWCS-38 continued to meet the communication support needs of the 3d Marine Aircraft Wing Aviation Combat Element and Marine Air Command and Control System while undergoing major changes.

During the award period the squadron provided communications support to more than 28 3d MAF, First Marine Expeditionary Force and joint combined-level exercises which greatly en-

See MWCS-38, Page 3



The Secretary of the Navy awarded MWCS-38 with a Meritorious Unit Commendation award for its performance from April 1, 1997 to April 30, 1999. During this period the squadron supported the single largest 3d MAF deployment since Operations Desert Storm and Shield. The battle streamer was added to the squadron colors along with its eight other awards and decorations June 23.

photo by Staff Sgt. Ted L. Hansen



## K9 takes a bite out of community relations

By Lance Cpl.  
Scott Whittington

PAO, MCAS Miramar

The dog handlers of the Provost Marshall's Office, Headquarters and Headquarters Squadron here, recently gave a demonstration to the San Diego County Sheriff's Drug Awareness Resistance Education program at the Ramona, Calif., Boys and Girls Club.

Military policemen showed the approximately 40 youngsters how the military working dogs handle different scenarios.

"We think it's important to participate in positive programs for kids," said Staff Sgt. Joseph M. Chappelle, kennel master, PMO. "We want everyone to know there is more to Marines than just carrying a rifle."

The dogs demonstrated their ability as they jumped over fences and responded to verbal and visual commands to the enjoyment of the children. "A dog handler must maintain control of his dog even when it's not on the leash," said Sgt. William S. Pine, dog trainer, PMO.

The children were also shown how military policeman use working dogs to apprehend suspects us-

ing verbal commands and hand signals. "A police officer with a dog is a good psychological and physical deterrent," said Pine. "They are also good at antiterrorism."

After the demonstration, the children asked questions and tried on the 40-pound, protective suit top that the handlers wear when they play the part of the "bad guy."

The children also saw more of the Marine Corps as they were led in a Daily Seven by Sgt. John R. Pantoja, dog handler, PMO.

The dog handlers perform demonstrations two or three times a week for various groups including elementary and high school students, as well as, Marine Corps commands.

These dogs not only apprehend suspects or perform for audiences, they also smell out drugs or bombs. The dogs are occasionally used to support the Secret Service and United States Customs Service with their keen smelling abilities.



photo by Lance Cpl. Scott Whittington

**Tako, military working dog, subdues Lance Cpl. William A. Pation, dog handler, Provost Marshall's Office, during a demonstration for the Ramona's DARE program recently at the Ramona Boys and Girls Club.**

Miramar PMO currently has 11 dogs from the ages of 2 - 9 years old stationed here. European dog breeders bred all of the military working dogs currently working here for the use in law enforcement.

The dogs and their handlers work around on the road here with rotating shifts. Dogs and their handlers work around the clock, in-

cluding the night shift and weekends. Each dog is on the road for two weeks and off for two. During their off-duty time, the dogs spend the day training, sniffing out drugs or materials associated with bombs. Each dog also spends time training at the obstacle course at the Miramar military working dog facility to maintain agility.

## CENTCOM Chief Zinni talks issues, bids farewell

By Linda D. Kozaryn

American Forces Press Service

**WASHINGTON** — For the last few years, Marine Corps Gen. Anthony Zinni has been on watch in one of the world's most troubled regions, a land of oil wells and deserts, staunch allies and determined enemies.

As the commander of U.S. Central Command, he's led U.S. efforts to contain Iraqi leader Saddam Hussein's aggression. He's dealt with repeated violations of the U.N.-imposed no-fly zones over Iraq and trained thousands of U.S.

troops in the Kuwaiti sands.

Zinni is retiring in July after nearly 40 years' service. He is moving to Virginia, but has no specific plans. "I'm going to think about my future there," he said.

"I'm certainly going to stay active. I'm not ready to sit back and fish and watch the days go by, and neither is my wife ready for me to do that. I will be up to something constructive."

Army Gen. Tommy Franks, currently CENTCOM's Army component commander, is slated to take over the unified command. "I feel proud and happy that he's my suc-

cessor," Zinni remarked. "I like his style. I like the way he operates. He knows the region and he knows the people out there very well. I see a continuation in growth and improvement on all the things we've done."

At his request, Zinni met with the American Forces Information Service here in mid-June to talk about issues affecting CENTCOM and to bid his troops farewell. He especially highlighted the role the command plays in world affairs.

CENTCOM's area of responsibility covers 25 countries from the Horn of Africa and Egypt eastward through the Arabian Peninsula into Southwest and Central Asia. This part of the world, Zinni said, is vitally important to U.S. interests because of its energy resources, trade markets and transit routes.

Zinni acknowledged the support the United States receives from friends in the region, who, he said, "have been by our side in many conflicts and supported us elsewhere in the region that we help protect."

The United States maintains about 20,000 service members in the CENTCOM area of responsibility. They enforce no-fly zones over Iraq and U.N. sanctions against maritime smuggling. U.S. naval forces, along with coalition and allied support, intercept and interdict the gas and oil coming out of Iraq.



photo by Lt. Lisa Brackenbury

**Marine Corps Gen. Anthony C. Zinni, commander U.S. Central Command, talks with a member of the 31st Marine Expeditionary Unit during a deployment in Kuwait.**

## Flight Jacket



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Commanding General  
3d Marine Aircraft Wing

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Commander, Marine Corps Air Bases  
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See **Gen. Zinni**, Page 9

**Miramar Safety Department**  
would like to remind July  
4th partygoers that  
'Drinking &  
Driving' Don't



## One step closer — 13th MEU completes FleetEx

By 1st Lt. Jeff Landis

PAO, 13th MEU

**ABOARD USS TARAWA** — It requires a strong, precise and experienced team of “warriors from the sea” to answer the nation’s call. The 13th Marine Expeditionary Unit’s Navy-Marine team recently took one step closer as America’s future 911 force for the Western Pacific and Arabian Gulf regions during Fleet Exercise 00-2.

During its second at-sea period, the 13th MEU, aboard ships of the Tarawa Amphibious Ready Group, applied its skills, experience and teamwork for FleetEx before its final test - the Special Operations Capable Exercise.

At the heart of 13th MEU’s arsenal to conduct special operations missions is its Maritime Special Purpose Force. The 13th MEU’s MSPF is comprised of an infantry security platoon and scout sniper section from Battalion Landing Team 3/1, and a Force Reconnaissance Platoon and other special detachments from the MEU’s Command Element.

During FleetEx, the MSPF conducted a Direct Action mission, a Gas/Oil Platform takedown mission and a ship Visit, Board, Search and Seizure mission. With more than four months experience together training as a team, the MSPF



photo by Sgt. M.C. Miller

**Reconnaissance Marines debark from a CH-46 Sea Knight helicopter aboard the USS Tarawa after conducting a mission for a humanitarian assistance operation. The HAO is part of the 13th Marine Expeditionary Unit’s SOCEX, the final exercise for the unit to earn its “Special Operations Capable” designation.**

was able to perfect their skills during its last pre-deployment training cycle before SOCEX.

The Direct Action mission, conducted in the Los Angeles area, tested the MSPF’s ability to hunt down and secure a person indicted of a war crime from ship to shore. The MSPF’s experience and team-

work enabled swift, silent and deadly success.

“The teamwork between the security platoon and the Force Reconnaissance platoon is incredible,” said Staff Sgt. Oscar Chaney, security platoon’s platoon sergeant. “We’ve done this type of mission several times together and the ex-

perience speaks volumes. We’ve gained the confidence of the force platoon by providing good external security, containment and allowing unimpeded movement to the objective. It also helps that we have a number of qualified ‘shoot-

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**MWCS-38**, continued from page 1

hanced the combat readiness and warfighting capability of 3d MAW and I MEF, according to the citation.

The squadron met all assigned missions while simultaneously preparing for and executing the Marine Air Ground Task Force Enhancement Package for Southwest Asia, the Alert Contingency MAGTF, and the Congressionally mandated Base Realignment and Closure relocation from former Marine Corps Air Station El Toro, Calif., to MCAS Miramar.

Additionally, MWCS-38 implemented new operational concept and technologies that greatly enhanced the communications capabilities of the Marine Corps. The squadron also developed a personal computer repair facility, manufactured and employed alternative power sources for tactical radios, and established a circuit card repair section. Cost-saving initiatives saved the Marine Corps more than \$225,000 in one year. These efforts also resulted in MWCS-38’s election as 3d MAW Marine Air Command and Control Unit of the Year for 1999.

Just one example of MWCS-38’s total team dedication to its mission was the squadron’s performance during WINGEX 1-99, from Oct. 12-28, 1998. During this

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## Safety – a top priority this Fourth of July

Compiled by MCAS Safety Department and Flight Jacket Staff

Fourth of July is a time when Americans celebrate the country's birth with family and friends. It's the height of summer, a time for picnics and barbecues. A great summer day that usually ends with a fireworks display.

With the long-awaited weekend waver-ing on our horizon, many Marines seem to have grown restless for the action and fresh air that only a wild road trip out of Southern California can bring.

However, there are restrictions as to how far Marines can travel. These liberty limits, as they are called, provide guidelines for the distance a Marine can travel without special permission. For an overnight, 24-hour pe-riod, troops can go up to 100 miles away

from station. For a normal weekend, the mileage increases to 315 miles.

Marines on 72-hour liberty can go up to 400 miles away from Miramar, and the num-ber jumps to 500 miles with a 96-hour. More mileage can be authorized if a Marine pre-sents a purchased airline ticket to his com-mand. Common sense and good leadership dictate Marines should inform the chain of command on when, where, how and what contingency their travel plans are. Also, ev-ery Marine should have a recall roster in their possession at all times, using it when prob-lems arise.

Leaders carry the responsibility of con-ducting a one-on-one discussion with every Marine who will travel long distances.

Every year, the 4th of July celebration results in numerous fireworks-related inju-ries. Each Fourth of July, about 7,500 Ameri-

cans suffer injuries or death from fireworks. Alcohol consumption often contributes to fireworks mishaps. One sailor learned a dif-ficult lesson. He lit a Roman candle, didn't look away quickly enough and a flaming fire-ball hit him in the face. He lost the sight in his left eye and burned the other eye and his face. He was under the influence of alco-hol.

Some people feel mistakenly safe be-cause they only use sparklers. *Fact:* Spar-klers burn at 1,6550 degrees Fahrenheit and can easily catch clothing on fire. There are no safe fireworks. *Fact:* Gunpowder is used in the production of fireworks, the same type of gunpowder that goes into bombs and hand grenades! Would we allow our children or ourselves to "play" with them? Leave fire-works displays to the experts. Sit back and enjoy the heavenly display - safely.

## Sergeant Major's



By Sgt. Maj. Ira Lott

COMCABWEST Sergeant Major

The Commandant is concerned! His generals are concerned! The generals' commanding officers are all concerned! So what is it that has the attention of our leadership--safety.

Most of us regard safety as the paramount ingredient to success when it comes to our professional jobs — be it aircraft flight, aircraft mainte-nance, etc. When it comes time to re-move the work clothing and don the civilian clothes we often times seem to shed the safety cloak with our uni-forms and run off with reckless aban-don. Everyone has either seen or been a part of one or more of the following: Marines taking the reflective vest off when they ride their motorcycle off base or cover it with a backpack. Or, not taking the time to put on your seatbelt, or the worst one of all, think-ing that you can drive after you had "just a couple."

As we come upon the 4th of July holiday we are all preparing for par-ties, fireworks, parades, barbecues, family outings, and all-around family fun to celebrate the signing of our Dec-laration of Independence and this is what we should be doing. Our forefa-thers sacrificed a lot so we can enjoy today's lifestyle. We deserve to have the time to relax and enjoy family and friends, and we need to take the time to ensure that safety is part of our checkout counter order.

The Commandant, his generals and commanding officers are taking a stand. Now it is up to the enlisted Corps to stand up to the plate.

Safety lectures should not be the traditional "drink and drive" lectures, but should be from the heart, body and soul. We as leaders have to show our Marines that we want them to enjoy the time-off and to return to work safely. We must give them the tools they need to survive, be it our home phone numbers, a rack to sleep it off and, if needed, stern counseling. Lead-ership is the only way we can improve our safety record. We as Marines have the worst safety record of the services.

I hear your "work hard and play hard" mentally, but when safety is not a part of the solution, it's part of the problem. We need to take care of each other. And at times being unpopular or not liked is the price one must pay to save another. Is a leader defined by a popularity contest or by doing the right thing? That's what Marines do! The right thing!

As we celebrate Independence Day, let us not take our independence for granted. The American people want a Marine Corps. America needs a Ma-rine Corps. They need the strongest, most powerful, combat-ready force available. And we get that way by adding safety into every aspect of our work life, family life and play life. Be safe. Look after each other and re-member safety is a 24-hour, 7-days-a-week job that we all must take on.

### Think safety this July 4th

By Lt. Gen. Frank Libutti

Commanding General, Marine Forces Pacific

The Fourth of July has proven itself to be a deadly holiday for our Marines, Sailors and ci-vilians.

I ask each of you to consider this 96-hour lib-erty as a "mission" and to plan accordingly. We do not want to read that three or four of you were killed on our nation's highways, drown while swimming or died because of the misuse of fire-works.

The key to a safe and enjoyable extended holiday weekend is planning your time. We must use a modified five-paragraph order to set the stage and emphasize the following.

My concerns are the 4th of July celebration is on Tuesday, the day before our Marines, Sail-ors and civilians return to work. To emphasize all facets of motor vehicle safety, water safety, fireworks, sports and the use of alcohol, account-ability is the key. Having the courage to make the right choice and to do the right thing even when no one is looking.

Commanders must look at ways to use the safety brief before the holiday to emphasize this time off is a mission. Be proactive! Have a safe and enjoyable 4<sup>th</sup> of July.

### Running to remember —



photo by Sgt. Abigail B. LaBin

**MCAGCC TWENTYNINE PALMS, Calif. – Tom Schepers, former Marine and Vietnam veteran, shows his colors aboard MAGCC Twentynine Palms, Calif. He is running across the United States, carrying the American flag and the Prisoner of War/Missing In Action flag to raise awareness for the World War II Memorial project in Washington, D.C. To learn more about the World War II Veterans Run, visit [www.wwiiveteransrun.com](http://www.wwiiveteransrun.com).**

## *Corpsmen celebrate more than 100 years of tradition*

**Corps•man** *n.* An enlisted person in the armed forces who has been trained to give first aid and basic medical treatment, especially in combat situations.

— *American Heritage Dictionary*

By **Sgt. Mikey Niman**

PAO, MCB Quantico

Back when Marines fought hand-to-hand and ship-to-ship with swords, clubs, buttstocks and knives, there was no shortage of sick or injured men aboard a ship.

In 1799, Congress first authorized specified places, such as sick bays aboard ship for the sick to be taken and treated. A common injury was a bone fracture from being hit by a coal-heated, red-hot cannon ball and the common treatment by the ship surgeon was amputation. That was the medical standard in times before corpsmen.

Many years and much medical advancement later, the U.S. Navy Hospital Corps came into existence June 17, 1898. It was the beginning of a proud medical occupation — the corpsman.

Two years later, hospital apprentice Robert Stanley earned the Hospital Corps' first Medal of Honor, distinguishing himself during the Boxer Rebellion in China.

Since then, more than half of the Medals of Honor awarded to Sailors have gone to Navy corpsmen.

During World War I, the reputation for the “Docs’” performance of duty, especially with the Marine Corps, was greatly enhanced. The United States and France cited many corpsmen for valor and performance under fire. Fifteen were killed in action, 150 were wounded and 460 corpsman received major awards in the war, including two Medals of Honor.

The corpsmen carried their record into the next world war, earning them the Secretary of the Navy's first commendation.

For every 100 Sailors and Marines wounded in World War II, 97 percent recovered. The record is not matched by any corps any place or time in history. Medals of Honor were awarded to seven corpsmen and 889 were killed or mortally wounded in the war.

At this time, a Marine historical icon and monumental flag raising at Iwo Jima was accomplished. Amongst the Marines, hospital corpsman John Bradly is one of the six immortalized in the Marine Corps War Memorial in Washington, D.C.

After the war, the Corps underwent many changes including the acceptance of women in the ranks and the redesignation of rates. The rate insignia was also changed from the red cross to the caduceus, which is still worn today.

In Korea, corpsmen arrived at the



Corpsmen tend to wounded Marines in a concrete shelter during the battle of Iwo Jima. Corpsmen accompany Marines to the front lines during a battle to provide instant aid.

Courtesy of MCU Research Archives



## Single Marine Program hosts Barracks Bash

By Lance Cpl. Scott Whittington

CPAO, MCAS Miramar

Sitting alone in his barracks room, watching the pattern of light change as the wind blows the vertical blinds, he wishes he had more entertainment opportunities and friends.

One way to find fun things to do and people to do them with is in the Single Marine Program.

Since its establishment in June of 1998, the SMP has been making steps to improve the overall quality of life of Marines and Sailors here.

It encourages single Marines to plan recreational and social activities and offers them the opportunity to participate in and contribute to their respective communities.

This program gives Marines and Sailors a feeling of ownership and provides an avenue for identifying quality of life concerns to the command, according to Diane Peaco, SMP coordinator for Miramar.

"We want to bring single Marines together and have fun," said Pfc. Brian S. Hagenbuch, president of the program and career planner clerk with Headquarters and Headquarters Squadron. "You don't have to go off base and spend money to have fun."

One misconception some people have is that the program is for singles only. This is not correct. The Single Marine Program welcomes anyone who wants to improve the quality of life of Marines, according to its president.

The SMP sponsors such programs and events as barracks bashes, trips, competitive tournaments, fundraisers and holiday events. Marines involved in the SMP also perform community service projects.

In recent months the SMP here has sponsored teams to compete in a multi-base paintball war, a weekend ski trip to Snow Summit, and supported the anti-drug campaign during the 5K Drug-Free Walk, May 24.

Every command is requested to have a representative to ensure that all issues are addressed. Also, a Marine Corps Commu-

nity Services SMP advisor/coordinator provides support and guidance, and along with the Marines and Sailors of the SMP, provide the foundation for this successful program, according to the brochure.

The committee meets at 3 p.m. on the first and third Wednesday of every month at Area 51 Enlisted Club. All service members stationed here are welcome. The issues discussed are submitted to the proper base activity for resolution.

A report of committee actions from each meeting is sent to the commanding general, here for review. Issues that are not resolved at the installation are forwarded to Headquarters Marine Corps, Washington D.C., SMP.

For more information write to MCAS Miramar Single Marine Program P.O. Box 452008 San Diego, CA 92145-2008, call (858) 577-6282 or 577-6171, fax (858) 577-6192 or e-mail at [smpmiramar@juno.com](mailto:smpmiramar@juno.com). Those interested in becoming a unit representative can reference Station Order 1710.4.

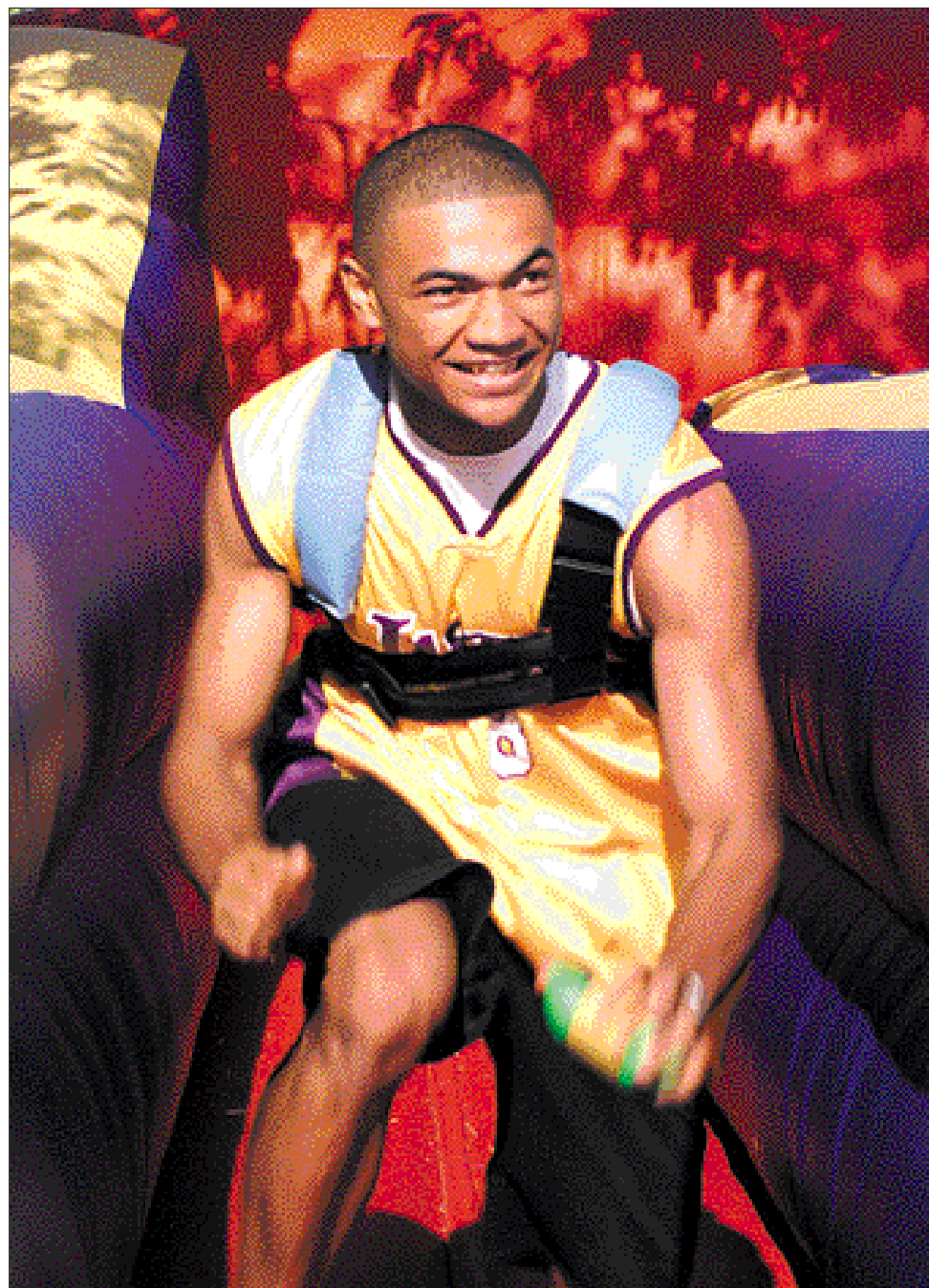


photo by Lance Cpl. Scott Whittington

(Top) Lance Cpl. Jon A. Bell, heavy equipment mechanic, Intermediate Maintenance Detachment, (left) and Pfc. Shawn Spinnalla, motor transportation, IMD (right) battle it out with pugil sticks at a Single Marines Program Barracks Bash. (Above) Seamen Ramon L. Francisco, runs to place a football further than his opponent with an elastic cord fighting him the whole way.



# Posse trample Tyrants, 16-3

By Staff Sgt. Ted L. Hansen

CPAO, MCAS Miramar

Marine Aviation Logistics Squadron 11 "Posse" handily defeated the second-seated Finance Office "Tyrants" 16-3 in a late round intramural softball Noon League championship tournament match up June 23.

The high-powered Posse offense jumped out in front by scoring six unanswered runs in the first two innings. Posse continued the onslaught by responding to the Tyrants' sole third-inning run with another four runs. They went on to add single runs in the fourth and fifth, and piling on another four in the sixth before the umpire called the game due to time.

Outfielder Ken Lockwood lead Posse hitters with two homers including a two-run shot in the second that proved to be the tying and winning runs. Outfielder David Barberot also added a homerun, a pair of singles and two runs batted in from the number two spot in the lineup.

First baseman James M. McTigue was 3-for-4 with a four-bagger, and a run scoring double and single.

Cleanup hitter and pitcher Carlos J. Muro knocked a pair doubles and singles, going 4-for-4 on the day.

The fury of the Posse offense was further fueled by several significant

fielding errors by Tyrants outfielders.

Outfielder Eric Rincon lead the Tyrants meager offensive effort, driving in two while going 1-for-3 with a single and fielder's choice. Pitcher Timothy Blakey knocked the remaining Tyrants run in. He was 1-for-3 with a double.

The normally fiery Tyrants offense went down in order in the first two frames. In all, the Tyrants offense had only 27 at bats over six innings. Tyrant hitters seemed to have "popflyitis." Thirteen of the 18 Tyrants outs were a result of pop flies. Only three base runners reached scoring position, with exception to the three who scored.

Unfortunately, the Tyrants offense remained stagnant during Monday's semi-final game against Marine Wing Support Group 37 "4 Real." Tyrants only mustered three runs in six innings, which wasn't enough to weather a late inning 4 Real rally.

MWSG-37 went into the top of the seventh with a sole run and added another before they suffered their second out. However 4 Real let loose with a seven-run, two-out barrage. Tyrants had last bats but failed to respond, losing by a 9-3 margin.

The victory sent 4 Real to the championship finals, which were played Wednesday. See next weeks *Flight Jacket* for more championship coverage.



photo by Staff Sgt. Ted L. Hansen

Posse leadoff man, outfielder Ken Lockwood, is received by a line of Posse teammates after the first of his two homeruns during Posse's 16-3 victory over the Tyrants, June 23.

# Hustlers scamper past Hornets, 25-12

By Staff Sgt. Ted L. Hansen

CPAO, MCAS Miramar

The Marine Aviation Logistics Squadron "Hustlers" defeated their fellow squadronmates and avionicsmen, the "Hornets," in a first round intramural flag football battle June 22, 25-12.

Hustlers' diverse and well-practiced offense put the team in the lead early and they never looked back. Matthew Dowell scored three touchdowns running out of the Hustlers' quarterback position. Receiver Edward Fuchs hauled in a pass from alternating quarterback Riley Roberts for another six.

The speedy Fuchs and Walker Scott also kept tight reigns on Hornet receivers, limiting their offense to short passes and short-gaining run plays.



photo by Staff Sgt. Ted L. Hansen

Hustlers receiver Edward Fuchs snares a pass as Hornet defensive back Floyd Elam attempts to knock the ball away in the second quarter June 22.

Dowell registered the first two scores of the game by scrambling through the Hornet defense for two touchdowns by early in the second quarter. Fuchs added the third by out-jumping Hornet defensive back Floyd Elam in the end zone with just more than a minute remaining in the half. Fuchs hauled in the extra point as well, but it was negated by a late offside call. However, Scott scored the extra point, catching a 10-yard pass in the corner of the end zone.

After near interceptions by Fuchs and Scott on the subsequent drive, Hornets quarterback Zack Higginbotham tested Fuchs again. Hornets receiver Tyrus Nelson fought his way to the ball only to arrive at the same time as Fuchs. Luckily, referees ruled the play a simultaneous catch with possession going to Hornets at the Hustler 20.

Three plays later receiver Robert Chance battled over a crowd of defenders and caught Higginbotham's 10-yard "hail-mary" on the last play of the half. Hornets had the ball again to start the second half. Their drive only lasted four plays, falling just a yard short of the mid-field 40-yard-line. Hornets' hopes remained high after Fuchs dropped a potential touchdown pass and Hustlers turned the ball over on downs near midfield.

A 15-yard penalty on the Hustlers helped fuel the ensuing Hornet drive, which resulted in a touchdown. Despite tight coverage, Higginbotham weaved a 20-yard pass to Nelson as he tiptoed the back line of the end zone. The touchdown momentarily narrowed Hustlers' lead to 19-12.

Hustlers responded immediately. Dowell pitched the snap to Roberts who tossed it back to Dowell for a 24-yard pickup. Dowell

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## Pit passers beware: Splatter travels



photo courtesy of William Wassersug

A muddy mud-run participant crawls through mud-filled trenches, as he strives to complete the 7th Annual Camp Pendleton Mud Run held June 17 at Lake O'Neil on Marine Corps Base Camp Pendleton. Complete Mud Run standings are available at [www.mccscamppendleton.com](http://www.mccscamppendleton.com).



# Avoid dehydration – learn when you really need to drink up

By Cpl. Carolyn S. Sittig

PAO, MCAS Miramar

“Drink water, drink water,” is a cadence that resounds through the head of any recruit and continues to echo into the ears of Marines throughout the Corps.

This vague concept of hydration means different things to each Marine and other people. As a recruit it meant drinking water every time the drill instructor demanded. To a Marine it may mean chugging down soda or a few sips of water and proclaiming he or she is hydrated. Yet, many Marines and people in general are spending their days in a mild state of dehydration, which can dramatically effect their ability to perform their duties and maintain optimal physical health.

Dehydration is the loss of water content and essential body salts needed for normal functions at an optimum level, according to Library Think Quest Web site at [www.librarythinkquest.org](http://www.librarythinkquest.org).

“Very few of us go through life without being dehydrated at some time of another. A times dehydration might be dismissed as a minor ‘irritant,’ but it is something that deserves our full attention and warrants timely treatment,” according to Library Think Quest.

There are four ways the body loses water: respiration, perspiration, urination and defecation. Respiration occurs when air going into the body is warmed to 98.6 degrees Fahrenheit and humidified to 100 percent as a person breathes, according to the Great Outdoors Recreation Pages Web

site at [www.gorp.com](http://www.gorp.com). This can cause an estimated two liter of water to be lost daily.

Perspiration occurs when a person sweats. Without strenuous activities it causes about two liters of water to be lost from the body throughout the day. However, combined with exertion, hot or dry weather, the loss may be as much as eight - 10 liters of water over an afternoon, according to GORP.

Urination causes one-two liter of water to be lost every day. And defecation causes one tenth of a liter of water to be lost; however, diarrhea can cause as much as 25 liters of water to be lost in two hours, according to GORP.

Water is needed for the body to perform a variety of functions from regulating temperature to removing waste and converting food into energy, according to the Tyler Mountain Web site at [www.tylermountain.com](http://www.tylermountain.com).

When Marines were asked how they know when to drink water, responses varied. “If I’ve been sweating a lot or when I feel thirsty, I drink water,” said Chief Warrant Officer 3 Terry Daniels, Marine Air Control Group 38 motor transport maintenance officer. However, health officials say drinking water when feeling thirsty is not always an accurate

determinant of whether their body needs water.

“We assume that our thirst mechanism will protect us from dehydration. If we become dehydrated, it will tell us by triggering intense thirst until we are properly hydrated, but this isn’t always the case. It is possible to lose fluid so quickly that the normal thirst mechanism is

gallon and a half of water.

Regardless of when someone knows to drink water there are several signs that indicate dehydration. These signs include: heartburn, stomach ache, noninfectious recurring or chronic pain, lower back pain, headache, mental irritation and depression or water retention, according to the Naturdoc Web site, at [www.naturdoc.com](http://www.naturdoc.com).

Other symptoms include: increase in thirst, anxiety, weakness, confusion and even fainting, according to the Mayo Health Clinic Web site at [www.mayohealth.org](http://www.mayohealth.org).

However, the goal is to remain hydrated. “It’s so important to stay hydrated and not go so long without water that you’re trying to rehydrate. Once dehydrated, the chances of becoming rehydrated the same day are slim and none,” according to the

Adventure hiking Web site, at [www.adventurehiking.com](http://www.adventurehiking.com).

Naturdoc has come up with a formula to stay hydrated. For those non-to little exercising types should be drinking the equivalent of 50 percent of their body weight in water ounces and active people should be drinking 75 percent. If an active person weighs 100 pounds they should drink 75 ounces of water per day, accord-

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***“ (Ignoring the) body’s need for water by enduring the discomfort associated with dehydration ... is like training yourself to ignore the engine temperature gauge in your car when it starts to over-heat. You can do it, but it won’t keep your car form overheating.”***

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– Adventure Hiking

overwhelmed or overridden,” according to GORP.

One Marine claims that he doesn’t hydrate himself until he is exhibiting symptoms of heat illness, such as feeling weak and hot. “When I get headaches or my body feels weak and I feel my temperature go up I know to drink water,” said Lance Cpl. Joe Sakellar, Marine Aviation Logistics Squadron 16 power plants mechanic. Yet, once he feels dehydration, he said that he usually drinks about a

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## Gen. Zinni, continued from page 2

and Iraqi forces firing surface-to-air munitions at the planes.

“We have responded to most of these,” Zinni said, “and his air defenses have paid the price. We have probably destroyed over 30 percent of his air defense system now as a result.”

Zinni said Hussein continues to provoke a response to show he’s in charge and to distract the Iraqi people from the real cause of their plight. “Unfortunately it’s his poor military personnel — the troops that man the air defense systems — that pay the price.”

The United States maintains a carrier battle group in the region to help enforce U.N. sanctions and conduct exercises with allies and coalition forces. Marine expeditionary units and an amphibious readiness group are also deployed in the region part time. If he had his druthers, Zinni said, he would like to see even more U.S. military presence in the region.

“We would like to see full-time coverage,” he said. These units give CENTCOM the flexibility to respond to crises all over the region. They’ve conducted noncombatant evacuations operations and helped with humanitarian operations in Africa. They would help us reinforce Army forces we have on the ground in Kuwait should we see Saddam start moving toward the Kuwaiti border.”

Zinni also acknowledged the air support the command receives. He said the air expeditionary force initiative launched by Gen. Michael Ryan, Air Force chief of staff, works very well for CENTCOM. It promotes deployment predictability, cohesion and teamwork and brings much more order and logic to deployments, he said.

The United States also maintains a full-time rotation of ground forces in the region as part of Operation Desert Spring, Zinni said. A battalion task force and other reinforcements are in Kuwait. Combat equipment is pre-positioned in Kuwait and Qatar, and at sea.

“Army air and ground support forces in Kuwait give us the capability to protect and defend Kuwait,” he said. “I’m always impressed with the units we see make up the battalion task force. They do a great job in maximizing and taking advantage of the facilities — the ranges, live firing, the maneuver space. I think each one goes home feeling much more ready than when they came.”

The U.S. units demonstrate America’s resolve to protect Kuwait, he added, and Kuwaiti forces appreciate joint training opportunities. “The sense of protection and credibility we bring to the defense of Kuwait has also aided them greatly in improving their military capability,” the general said.

Threat of Iraqi aggression puts U.S. forces on the front line against chemical and biological weapons. Zinni said the military’s mandatory anthrax vaccination is an extremely important force protection requirement for his command.

“I’m convinced that the anthrax vaccine is safe,” he said. “I’ve had all six of my shots. All my headquarters (staff) has had the shots, too.

Iraq has anthrax capability, he stressed. “We know that the Iraqis have the capability of using it, distributing it, and they certainly have it stored.” Its use would be devastating, Zinni said.

“It’s important that our troops be protected. We cannot afford to have troops that are unprotected if we were to be exposed to anthrax,” he said. “The loss of the troops that

haven’t had the protection would have a serious effect and put at risk those who have had it and degrade our capability to react.”

During his three years as CENTCOM chief, he said, he’s carried on the work of his predecessor, Army Gen. J.H. Binford Peay III, in establishing the kind of military footprint in the region that allows the United States to rapidly respond to crises.

“We’ve built strong relationships with our friends in the region and they welcome our presence,” he said. “We’ve worked hard in Africa to develop the capability to deal with peacekeeping and humanitarian operations.”

CENTCOM has also developed Bright Star, an exercise conducted annually in Egypt that involves 7,000 international troops. “I see that growing,” he remarked. “I think it’s important for the region. It shows our capability to operate as a coalition and the willingness to do so.”

As for the military’s future, the general said,

he sees the need to adjust to the “other than war” missions required by the changing world. More and more, he said, the military is being pushed toward peacekeeping and humanitarian operations, protection of the environment and dealing with trans-national threats such as terrorism.

“I think we’ve got to make those adjustments necessary and recognize those are the real missions we have got to take on and not be resistant,” he said “Engagements around the world are important. We are the last superpower and we need to do that.”

Defense leaders need to take a hard look at the armed forces, he said. “Do we have the military that is constructed the right way? Is it the right size? Are we manned at the right levels? Do we have the kinds of funding for our services in support that we need?”

“I’m not so sure that’s the case across the board,” he said. “I think that after the Cold War ended, we anticipated peace dividends

that may not be there. We are going to see less and less of the peace dividend and more and more challenges of this transforming world post Cold War. Our military has to make the adjustments and deal with it.”

In a salute to the men and women of CENTCOM and the armed forces, Zinni said, “In my 39 years of being in the military, I have been blessed with seeing the finest young men and women in the world in our armed forces. I can never remember a time when they let me down.

“My son is a Marine second lieutenant, and I’m proud he chose to serve. I am especially proud of those who wear this desert camouflage uniform.

In my three years as commander in chief they have always performed magnificently. Those in uniform as well as those in civilians’ suits have delivered a performance that was absolutely superb.”

**'314,**  
continued from page 1  
its most capable adversaries.

After nearly six weeks underway, the Stennis arrived in the Gulf in late March to begin nearly three months of duty supporting Joint Task Force, Southwest Asia and Operation Southern Watch.

The majority of the deployment was spent supporting Operation Southern Watch in the Arabian Gulf. During OSW, Black Knight pilots delivered several GBU-12 laser guided bombs and GBU-31 Joint Direct Attack Munitions on Iraqi military targets.

The missions over Iraq did not come as frequently as in years past, however, each visit to Iraq had the potential to become a rapid response air strike. On several occasions, Black Knight pilots responded along with other Carrier Air Wing 9 crews, conducting real-time targeting of Iraqi military targets as directed by JTF-SWA. Using precision weapons, VMFA-314 pilots were credited with confirmed direct hits resulting in the destruction of several Iraqi surface-to-air defense sites.

While operating in the Middle East, VMFA-314 also participated in two multinational training exercises. The first was "Neon Falcon" in Bahrain, where operations were concentrated on air-to-air training sorties.

The second exercise was "Eager Archer" at Al Jaber Air Base in Kuwait. During Eager Archer the Black Knights served as the operational and maintenance lead for a detachment of 10 CVW-9 aircraft. The exercise afforded Navy and Marine aviators the opportunity to perform large force packages with the Kuwaiti Air Force.

As the months wore on, the temperatures climbed until they reached the low 100s by the final port visit. The squadron performed its final OSW and JTF-SWA missions and the Stennis departed the Gulf in late May, just in time to miss the intense summer months in the Middle East.

The cruise has proven to be a unique experience for every Marine and will be a memory that will be talked about for years to come. Each Marine played a vital part in making this a successful deployment and is a testament to the professionalism and hard work that is a Black Knight standard. As the Knights return to their parent organization, Marine Aircraft Group 11, the squadron will continue to train and be ready to rejoin CVW-9 for the next deployment aboard the Stennis in early 2002.

**NCOs,**  
continued from page 1

needed. He asked Pentagon officials to take a look at the pay table for promotion from E-4 to E-5 and to look at pay for the top three enlisted ranks. He said NCOs in the top three

ranks have far more education today than they did in the past.

"When I first came in the Army 29 years ago, it was very common to see an NCO with anywhere from a seventh to ninth-grade education," Laye said. "Today most NCOs have some college or have a college education."

DoD needs to look at the pay gap between the officer corps and the enlisted corps, he said. "NCOs in a downsized military bring a lot more to the table today, and many are working at upper-level staff positions."

During the forum, Laye said, Cohen agreed with the NCOs assessment. The secretary reported that the Quadrennial Defense Review due out this fall includes a further look at pay table reform for the enlisted ranks.

Navy Master Chief Petty Officer Donald K. Shaft, Fleet Logistics Support Squadron 57, North Island, San Diego, California, asked the secretary to look into extending the hours at child development centers. Not all service members work an eight-to-five day, he said. Many work long hours, and some shifts work from 4 p.m. to midnight.

"We need to extend those hours in the development centers so our children are taken care of while we're at work so we can have peace of mind," he said.

Shaft called on Pentagon leaders to look at the competitiveness of child care providers' pay. In some cases, he said, staffing is the issue rather than the number of spaces available.

DoD also needs to make more programs available for pre-teens and teenagers, he said. During summer school breaks, they need to have access to fitness centers, computer labs and other facilities. If they aren't available on base, he said, then the military should provide transportation to off-base programs.

Air Force Chief Master Sgt. Renee Chapman, a finance chief with the Air National Guard, talked about the top NCOs' views on TRICARE. She said service members and their families need more education on the program. "One of the biggest problems we found was that family members do not know what TRICARE is supposed to do for them or how to get service when it's needed," she said.

Transferring benefits from one region to another is a common problem, Chapman said. TRICARE officials "don't talk to each other" so service members and their families "get lost in the shuffle," she said. "You could start a claim in one place, end up somewhere else and you can't talk to anybody about your claim anymore."

The NCOs said they'd like to see personnel officials and the Defense Enrollment Eligibility Reporting System get more involved with enrollment processing. They'd also like to see claims get processed in a more timely manner so doctors get paid. Chapman said

they'd welcome more health care providers in the system.

"We have this big book of providers," she said, "but when you try to get assigned to one of them, they are not taking patients anymore. A lot of them only take one or two or 10 patients so they can say they are participating in the program, but it's not really getting us the care that we need."

When a military family needs care in an emergency, she stressed it should be given right away. "They shouldn't have somebody sitting on the phone behind a desk somewhere saying, 'Well, we have up to 30 days to get you that service.'"

Reserve component personnel seem to have been overlooked when TRICARE was developed, Chapman said. Problems have arisen when reservists or National Guard have been injured in the line of duty. She called on defense officials to ensure that the necessary infrastructure is in place for the reserve component.

Marine Corps Master Gunnery Sgt. Patricia Orsino, an administrative chief in the Manpower and Reserve Affairs Department, Quantico Marine Corps Base, Va., presented the senior enlisted members view's on recruiting and retention.

She said DoD needs to present the military to the American public as more than just a job with educational benefits. It should be seen as an honorable profession.

The military is not about pay and benefits, she said. It's about commitment and patriotism. "We must appeal to the young people to be part of something bigger and better than themselves," she said. More than just benefits, the military offers a "transformation."

Once recruits join the military, she said, they must be challenged at their first duty stations just as they have been in basic training and advanced skill training.

"In many situations," Orsino said, "they don't have the tools that they need to perform the job they were just trained in. There is a concern that we lose that edge."

We've trained this person and they are demoralized because, in some situations, they can't be utilized immediately."

The military needs to ensure these service members are employed "optimally," and to provide more resources for equipment and further training, Orsino said. Training in values and professional military education should continue throughout their careers, she added. This would "continue to inspire them and they would have an incentive to stay."

Laura Ball, whose husband is a chief master sergeant stationed at Maxwell Air Force Base, Ala., presented the spouses' views on educational benefits and DoD schools.

The senior enlisted advisors asked DoD officials to reevaluate the \$3,500 cap on tu-

ition assistance. This cap forces active duty and reserve personnel to either go to schools of lesser quality or pay significant amounts out of their own pockets, Ball said.

"We also asked them to explore providing tuition assistance to the spouses," she said. Military families would like to see DoD publicize grants and tuition assistance offered, through the service aid societies and enlisted associations, she added.

As for schools, the senior enlisted told DoD officials that in some areas where service members are assigned, test scores for local public schools are well below the national average Ball said military parents are forced to home school their children or suffer financial burdens by sending their children to private school.

"We've asked them to explore providing financial vouchers to offset home school, private schooling or to even supplement public schools in the local area," she said.

**13th MEU,**  
continued from page 3

ers' in close-quarters combat on the team."

During the GOPLAT, the MSPF was called to secure a platform off the coast of California from known terrorist factions attempting to disrupt U.S. shipping. Unlike the DA mission, the MSPF had to perform a slow, methodical approach to secure an isolated objective. "When we landed on the small landing zone and took defensive positions, it wasn't long before the force platoon pushed through to secure the objective," said Cpl. Nicholas Isley, a 21-year-old team leader from St. Anne, Ill. "It feels pretty good knowing we provided some vital security to help the raid force complete the mission without interference."

USS Anchorage (LSD-36), one of the three ships in the Tarawa ARG, served as the platform to conduct a VBSS during FleetEx. In the mission scenario, 13th MEU's MSPF had to take control of the ship from oil smugglers. Once again, the MSPF answered the call and executed the mission within six hours.

"The most complicated part of these missions is putting the team together," said Gunnery Sgt. Robert Doss, Force Recon's platoon sergeant. "We really have a great MSPF staff, and the cooperation from the squadron and other elements makes for a smooth operation. We were able to do our jobs proficiently because of the maturity and experience of the entire team."

FleetEx was 13th MEU's second chance to train for joint task force missions and operational assignments from a sea-based platform. 13th MEU also conducted several standard special operations missions; a total of 11 missions in 10 days. 13th MEU also conducted a crucial Supporting Arms Coordination Center exercise before its deployment.



One step closer to a special operations capable certification, 13th MEU stands ready to answer the nation’s call, poised as the next MEU to deploy to the Western Pacific and Arabian Gulf regions. In order to attain the status, “Special Operations Capable,” the 13th Marine Expeditionary Unit, aboard ships of the Tarawa Amphibious Ready Group, wraps up its two-week SOCEX 00-2 today. This exercise involves every part of the 13th MEU’s Marine air-ground team, in-

**MWCS-38,**  
continued from page 1

period the squadron supported the single largest 3d MAW deployment since Operations Desert Storm and Shield, simultaneously providing communication support for WINGEX and Combined Arms Exercise 1-99, at Marine Air Ground Combat Center, Twentynine Palms, Calif.

Nearly 160 Marines worked three weeks and an estimated 80,000 man hours to install and maintain 20 single channel radio nets and a digital transmission backbone spanning nearly 10,000 square miles of Southern California and Arizona. This support was made possible by MWCS-38 Composite Communications Nodal Support Teams which were in some cases lead by noncommissioned officers.

Lt. Col. Paul K. Hilton, and Sgt. Maj. Neil W. O’Connell Jr., commanding officer and sergeant major, MWCS-38, added the battle streamer to the squadron colors along with its eight other awards and decorations.

Hilton credited the award to the cumulative steadfast efforts of individual squadron Marines. He related their efforts to those of

the 5th Marines who landed in Inchon, Korea and made a bold flanking movement, which changed the momentum and direction of the Korean War.

“They were young Americans doing their duty honorably. You are the spiritual lineage handed down by those before you,” said Hilton. “The essence of the commitment is the same. The circumstances, risk and situation are different.”

Hilton added, the Marines of MWCS-38 have not been called to go into harms way as others have because of their readiness and willingness to remain ready.

In conclusion, Hilton thanked the families of MWCS-38 Marines, who he said often pay the price for the squadron’s mission readiness. “The bill payer is often the family,” said Hilton. “It is often the spouses who have to pick up the pieces when we go our way and do our thing.” Fitting with Hilton’s comments, the squadron hosted a Family Day party immediately following the award ceremony.

**Corpsmen,**  
continued from page 5

forefront of the fighting providing on-the-spot medical treatment on the beaches as the Marines stormed in. In less than one month, medical units attached to the 1st Marine Division cared for 2,844 casualties. But the number of medical department casualties in the conflict was much higher than the Marines they were in Korea to support.

On ships, doctors and corpsmen saw more than 20,000 battle casualties, 30,000

non-battle casualties and 80,000 outpatients. In Vietnam, corpsmen not only served as well as their predecessors with Marine and naval air-ground units, but also provided care to Vietnamese civilians and medical advice to Vietnamese units. During the conflict, corpsmen were awarded three Medals of Honor; 3,353 were wounded in action and 620 men were killed in action or mortally wounded.

The terrorist bombing of the Marine Barracks in Beirut, Lebanon took the lives of 15 corpsmen deployed there. And corpsmen were by the sides of Marines on the seas and shores in Grenada and in Desert Storm.

In times of peace, they provide care and treatment to Marines, Sailors and their families on ships, Naval and Marine Corps bases all over the world; 4,177 corpsmen are attached to the Marine Corps alone. In times of war, corpsmen are trusted to stand beside Marines in the most fierce combat action, to tend to the wounded, to help them on medical transports and in ship sickbays and hospitals, and to help patch them up — so they can fight again. At age 102, they are the future of the corpsmen legacy.

**Hustlers,**  
continued from page 7

picked up another 12 yards running out of the backfield before Roberts took over again. Roberts hit lineman Jim McTigue downfield to give Hustlers a first-and-goal at the Hornets’ 2-yard line. It only took one more snap for Dowell to run the bootleg for another six just before the 2-minute warning.

The victory eliminated Hornets from the single-elimination championship tournament. However, MALS-11 is still represented by two teams in the tournament, the Hustlers and Posse. Posse has claimed the title two of the past three seasons. Hustler claimed the other.

**Dehydration,**  
continued from page 8

ing to the Naturdoc Web site at [www.naturdoc.com](http://www.naturdoc.com). An inactive 100-pound person would drink 50 ounces of water a day.

“As for the really macho types who say things like, ‘I’ve trained my body to go all day without water.’ This simply is not true, and can’t be done. What these people have really done is trained themselves to ignore their body’s need for water by enduring the discomfort associated with dehydration ... This is like training yourself to ignore the engine temperature gauge in your car when it starts to overheat. You can do it, but it won’t keep your car from overheating,” according to Adventure Hiking.

